FAMILY LIFE

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THE RECOVERY OF THE SELF

Until recently, the study of abnormality, deviation, and illness has dominated psychological and psychiatric investigations, says Clark E. Moustakas in the preface to a new book, *The Self: explorations in personal growth.* This negative approach to a knowledge of human nature has been useful in some ways but very unfortunate in many others, he thinks. Freudian concepts have fallen short, when applied to reality or used to deal with healthy behavior. It is time to concentrate on the complete and fundamental *Self,* rather than on pathological fragments of it. This new book, containing papers by 19 different authors, stresses the positive, healthy, growing potentials of the individual."

"There is a tendency among analytic people to see an individual in terms of someone else—his father, mother, or siblings," says Dr. Moustakas (Merrill-Palmer School, Detroit, Mich.) "This aproach distorts the real nature of the person and interferes with valid understanding of him." Some students attach great importance to exploring the deeper self through projective techniques such as the Rorschach; but these are valuable primarily with sick people, — psychoneurotics, — says psychologist Gordon W. Allport. If you are dealing with normal, healthy individuals, such indirect approaches will get you nowhere. Use a direct approach. Ask him what's on his mind. He'll tell you. The projective devices won't tell you. "So popular is this indirect, undercover approach to motivation that many clinicians and many university centers spend far more time on this type of diagnostic method than on any other," and as a result they are never able to distinguish a well-integrated personality from one that is not.

Psychologist A. H. Maslow continues this assault on the over-valuation of the psychiatric approach. Psychiatry can make a person un-sick, but it can never make him well, he asserts. Its impotence in this respect has led to a common defeatist attitude. Asked to discuss personality problems and personality growth, the ordinary way of psychologists today "would be to list and describe each of the classical neuroses and psychoses and then in the last analysis admit that the sick person can do little for himself. This is also what happens in most books on mental hygiene. They, too, end not with a bang but with a whimper."

Instead of spending his time labeling neuroses, the modern student is beginning

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to learn what healthy people are like, Dr. Maslow goes on. "The more we learn about man's natural tendencies, the easier it will be to tell him how to be good, how to be happy, how to be fruitful, how to love, how to respect himself, how to fulfill his highest potentialities. This amounts to automatic solution of many of the personality problems of the future."

"The study of such healthy people can teach us much about our own mistakes, our shortcomings, the proper directions in which to grow. Every age but ours has had its model, its ideal. All of these have been given us by our culture: the saint, the hero, the gentleman, the knight, the mystic. About all we have left is the well-adjusted man without problems, a very pale and doubtful substitute. Perhaps we shall soon be able to use as our guide and model the fully growing and self-fulfilling human being, the one in whom all his potentialities are coming to full development, the one whose inner nature expresses itself freely, instead of being warped, suppressed, or denied."

"*This,* for sure, is the great personality problem at the root of all personality problems. Let's talk about *it* instead of the derivatives and superficialities. This goes to the root of all things. This point of view in no way denies the usual Freudian picture. But it does add to it and supplement it. To oversimplify the matter somewhat, it is as if Freud supplied to us the sick half of psychology and we must now fill it out with the healthy half. Perhaps this health psychology will give us more possibility for controlling and improving our lives and for making ourselves better people. Perhaps this will be more fruitful than asking 'how to get *unsick*'."

Dr. Maslow, like many others, attacks the blind and thoughtless adherence to the goal of "adjustment." To what are you adjusting? Many Americans do not think of themselves as sick because everybody has the same sickness! Average Americans, he continues bitterly, "do not *really* have fun, and as a matter of fact, do not really know what it is." They are merely "adjusted" to their environment. "They do not know how to enjoy themselves, to idle, to saunter. Getting drunk, going to night clubs, watching someone else play games, gambling, insulting women, changing wives at Saturday night dances are not fun. These are *real* personality problems. American men and women are not yet friendly enough and respectful enough of each other, nor can they love each other as a rule. The war between the sexes is not yet a partnership. Any man who does not know how to love a woman, fuse with her into a unit, is a cripple, a personality problem. He is not whole and completed. Neither is his wife."

This demand that science spend more time helping man to understand and experience his own inner self runs through all the chapters of the book and is taken up from various points of view by such writers as Erich Fromm, Karen Horney, Carl Rogers, Otto Rank, Carl G. Jung, Jean-Paul Sartre, and Rabindranath Tagore, to name only some of the better-known. Some of the discussions will appeal to the average reader as metaphysical; some of them, such as that of Sartre, probably will not appeal at all! Frances Wilson (Cornell University) urges the

greater development of the aesthetic sense, through self-expression in art. Ross L. Mooney (professor of education, Ohio State University) pleads eloquently for the development of "the more creative man." At the founding of our country, he thinks, Americans were relatively clear and conscious of our ideals for man; but "our ideals have sunk underground . . . As a result we are now oriented more negatively than positively. We know what we are living *against,* but not what we are living *for.*"

These papers which Dr. Moustakas has brought together represent an important contribution to contemporary philosophy and the reorientation of the study of human nature. They invite thoughtful persons to concern themselves more with good, less with evil. They call on the individual to think more about his goal, less about his Oedipus complex. "It is within the power of man," Dr. Moustakas says in conclusion, "to treasure his personality, to strengthen and value his individuality, to turn toward honesty, affection, self-respect, and intellectual and aesthetic growth, to accept one's nature, and to turn away from destructive analysis, self-derogation, alienation, hypocrisy, cruelty, cowardliness, and smallness."

(THE SELF, ed. by Clark E. Moustakas. Pp. 284, (no index), price $4 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1956.)

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Notes from the AIFR

NINTH ANNUAL WORKSHOP in the techniques of counseling, held at the Institute headquarters Aug. 7-18, was the largest yet, with 52 registered members plus 20 of the Institute's own trainees and internes. For the first time, clergymen made up an actual majority of the registrants, 28 of them representing 12 different denominations with Lutherans (9) contributing the largest single group. Others were college professors, counselors, teachers, nurses, physicians, and executives of community organizations, representing a total of 12 States together with Hawaii and Canada.

SYNOPSES of 30 of the principal papers presented at the workshop were handed out in advance, to the participants, in order to facilitate discussion and save time. These make up 86 mimeographed pages, 8x11 inches in size, and constitute a unique and practical handbook of counseling. A few extra sets are available for sale at $5 per set.

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Inexpensive Pamphlets

JUVENILE COURT STATISTICS, 1954, (published in 1956), pp. 20, single copies free on request to Children's Bureau, Washington 25, D.C.

A SYLLABUS ON THE CURRICULUM FOR THE RETARDED CHILD, pp. 35, price 50c from Penn. Association for Retarded Children Training School, 555 E. Adams ave., Philadelphia 20, Pa.

YOUR CHILDREN'S BUREAU: its current program. Pp. 61, price 20c from Dept. of Health, Education, and Welfare, Washington 25, D.C.

THE CANADIAN MOTHER AND CHILD, price 25c from Dept. of Natl. Health and Welfare, Ottawa, Canada.

MENTAL HEALTH MOTION PICTURES, 1956, supplement to the selective guide (1952), pp. 80, price 30c from Supt. of Documents, U. S. Govt. Printing Office, Washington 25, D.C.

THE HANDICAPPED CHILD IN YOUR HOME, by John C. Wynn. Pp. 3, price 5c from Presbyterian Distribution Service, 234 McAllister st., San Francisco.

WOMEN ON THEIR OWN OWN — MARRIED, UNMARRIED, WIDOWED AND DIVORCED

by MARY JANE HUNGERFORD, Ph.D.

Three groups have been combined in the subtitle, that have one element in common—no husband. In the case of the unmarried adult woman it is possible that there has *never* been a satisfactory relationship wtih a man. In the case of the divorcee, if it existed at all, the duration was limited.

The widow, on the other hand, may have had a very happy marriage for a considerable time. Consequently the distinguishing feature among these three groups is perhaps the amount of pressure driving the woman of a particular group to find a spouse.

The widow, especially one with grown children, or with a long and good marriage behind her, is apt to be quite relaxed about marrying again. The divorcee, having been through a bad experience, is apt to be a bit more cautious, at least at first. As the months go by her need for a deep and intimate relationship may come more definitely into focus.

But the unmarried adult most often exhibits the anxiety and eagerness which sometimes interfere with the wholesome development of a relationship. Recognizing this difference in pressure, an attempt will be made to consider these three groups as one, while concentrating on the central problem of satisfying the basic need of every human for the give and take of affection, with some degree of depth and permanence.

The wording "give and take" is deliberate. To be sure the more neurotic the woman, the less ability she has to give, the more concern she exhibits for receiving affection, attention, or some other substitute. However, it would seem that real happiness comes only from a balance of the receiving and expressing of affection. Too much of either makes trouble.

Perhaps it is possible to justify the generalization that where a woman beyond the mid-twenties has failed to achieve a satisfactory marriage, some difficulty in the area of giving and receiving affection will be discovered.

The symptoms which indicate this situation are varied. One woman will have an exploiting pattern. She dates for what she can get. She is apt to look upon marriage as something to "get" also. In the emotional realm what she looks for is status with her peers, attention, proof of her desirability as a companion. In the material realm dating means to her a chance to go places and see things; it means gifts, protection, service. Marriage, of course, means a meal ticket, or financial security. But what the counselor notices is the absence of any hint of relationship per se, any emphasis upon giving.

Where the emphasis is on getting, there is often a feeling that favors must be returned, in other words, the philosophy that "You have to pay, somehow." Thus the woman may be involved in sexual intimacy which is more tension producing than relieving because there is no sound structure of relationship to uphold it. On the other hand she may merely be sexually enticing and often quite unconscious of this, but righteously indignant if a man becomes amorous — sometimes even mildly so.

On the other side of the coin is the woman who is a doer of good deeds. She eternally sacrifices her own good to help others, especially her family and her church. She may be a doormat for her relatives and friends, a shoulder for all

sorts of sad-sacks to cry on. She is frequently involved in the troubles of others. Men are "pals" with her or she gets the misfits.

Here we see the common cause of trouble in both of these extremes of behavior, from the gold-digger to the do-gooder. It is ego damage, a crippled self-concept. In each case the woman is saying, in effect, "I'm not worth much." The exploitative type makes excessive demands in a futile attempt to convince herself of her own value. The self-sacrificing type is continually placing others in her debt, forcing attention through offering unwanted assistance, and never quite getting sufficient gratitude and appreciation.

The task of the counselor is the same in each case. He must use every means possible to strengthen the ego, give it a more realistic orientation. Often the woman has, in reality, many assets, talents, and capacities. But these have not altered her feelings about herself. She is still lacking in a feeling of self-worth. What might be called "realistic self-esteem" is the essential basis for all sound human relationships, for giving and receiving affection.

It seems wisest to use a bi-polar approach. At the one end, situational improvement is instituted to provide objective evidence of self-worth. Undeveloped talents are developed. Sometimes, when the ego damage is least severe, this is sufficient to enable the client to improve her relationship with men and make a good marriage.

At the other end, self-analysis is usually necessary. The client needs to discover what means she has been using to meet her needs, and how effective they are. If the damage is severe, it is necessary to go slowly, probe cautiously.

This type of client is apt to make extensive demands upon the counselor, breaking appointments, demanding a consultation on short notice, at unscheduled hours, keeping the counselor on the telephone, coming late and dawdling or running over the allotted time. There may come a point at which it is possible to deal with this testing and proving tendency on the part of a client in a counseling session, but until then it is wise to avoid any hint of condemnation or rejection because of it.

To begin the self-analysis the Johnson Temperament Analysis is used. The girl will learn a great deal about herself if she is not too defensive to accept any of the objective reality. When a profile is extremely poor it is often wise to cushion the impact, deliberately concentrating on one trait which is most apt to show improvement in a relatively short time. Counseling sheets have been prepared for this purpose and sometimes even going over a particular one in the counseling session is helpful in getting the client started. Sometimes a diary record is recommended. In this case it is desirable to ask for such evidence from time to time.

Sometimes the Marriage Readiness Inquiry is used, the score interpreted and answers discussed. This is an experimental test in process of refinement which deals both with surface or situational and the deeper emotional factors. This again emphasizes the bi-polar approach.

With some clients the Human Relations Outline is helpful. If it is used it needs to be introduced at an early stage, perhaps at the second or third interview. If the client is not offended by an academic approach it may be useful to mark the sheet according to indications as to where she wants to begin working. She should

have it to take with her and use at home.

Where the client indicates an interest or where it appears that reading may stimulate and motivate, books can be used. Two books frequently used are Clifford Adams' "Preparing for Marriage" and James A. Peterson's "Education for Marriage," because of the self-analysis charts, tests and outlines which most clients are able to use for their own benefit.

From our own publications it has been found that numbers 2, 3, 6, 7, 19, 20, 29, 302, 304 327 and 410 are valuable in this kind of case. Probably number 29, "Where to meet men" is the one used most frequently.

A case history may serve to illustrate the procedure of moving back and forth between the two poles, making use of specific techniques and tools. This is the story of a girl 30 years of age who began counseling in 1955 because she was being rejected by the man to whom she was engaged.

She is a Roman Catholic from Boston, second from the eldest in a family of four children. She is somewhat underweight and feels that this is a serious handicap to her desirability. She began dating Tom some nine months before she came to the Institute. She was seeing him daily before his departure for Chicago to join his family and begin his post-war adjustment after being mustered out of the service.

For three months he wrote regularly, then sporadically. Finally he called it off. My first effort was to help her word her letters to him. The emphasis was on her showing warmth, appreciation and affection for him, but at the same time soft-pedaling the need and injury theme. She was encouraged, also, to evaluate her own approach to men. We talked about where to meet them, how to carry on a conversation, what she likes and dislikes in men and how these relate to what experts know are favorable qualities in a spouse, what she wants out of marriage, etc. She took some self-improvement courses, i.e., voice, diction, public speaking, modeling. She began reading *Newsweek* for conversational material on awareness of what is going on outside of herself.

Here it developed that she was having memory difficulties. She would spend half a day with a date and be absolutely unable to tell me what they had talked about. She could not remember what she read in the magazine. She was bored. People did not interest her. She could not eat. It was a real chore to force a small meal down and she was losing when she wanted to gain weight. She hated to get up on weekends. What was there to do?

She did some reading on nutrition (Adelle Davis' "Let's Eat Right to Keep Fit") and became impressed with the value of a good breakfast, a high protein intake. She decided that fellowship helped her eat, so arranged to share dinners with a girl friend one night a week. (She lives alone.) On these occasions she reports enjoying eating. It is possible that this rejection of food is a form of self-punishment for having failed to win Tom and for having indulged in heavy petting which is against her principles.

Tom did a temperament test which gave her an opportunity to see him more objectively. She gave lip service to a recognition of his many weaknesses but still was emotionally involved. Her own scores are as follows: *depressive* 99%, *subjectivity* 90%, *critical* 95%, *self-mastery* 15%. Sensing that she might gain most by working first on her criticalness, I went over the counseling sheet on this with her. The diary record was begun

and progress is substantial as we go over this every few weeks. She is often proud to present evidence of improved response of which she is aware at work and at dances.

She attended our Human Relations Group for a time, worked with an Introduction Club, and got dating firmly established to the point that she now has a reason for getting going on weekends. She has continued her pattern of going to the Palladium and other public dance halls and picking up men because she likes to dance. This is perhaps an acceptable substitute for sex activity though not consciously recognized as such.

She worked intermittently with the counseling for a time but is now regular and faithful. She has done a lot of writing, using the Johnson Attitude Inquiry as a start but continuing to report on her family, her religious conflicts, her living, her work, and her recreation. She has recently been reporting much significant and very helpful dream material.

She requested the Sex Knowledge Inventory which was reviewed in detail with her. As a consequence of this she has been referred to some books on sex from the Catholic point of view. She still has the conflict about sex, feeling that it is dirty, while having very strong desires.

She has worked through her relationship to Tom, after taking a trip by air to see in Chicago. She is building better relationships with other men, gaining insight into the faulty patterns, trying new ones. She enjoys eating now, even manages to eat well alone, is gaining weight, has spells of real happiness and out-going —her "extravert spells" as she calls them.

She is exploiting less, cooperating more, asserting herself more, showing less resentment, beginning to accept a balanced and more wholesome view of sexual activity. She is less of a perfectionist, more able to see beyond some superficial habits in a date which used to offend her, more able to discuss her own and others' ideas. There is much more to be done.

(Abstract of a presentation on Aug. 15, 1956, at the ninth annual summer workshop in the techniques of counseling, at the AIFR.) ●

Educational Notes

WONDER BOOKS, 1107 Broadway, New York 10, N.Y., have published four new Readers and Workshops, as supplementary material to make reading fun for children. *Away I Go* and *All about Baby* are at the pre-primer level, *We Live on a Farm* is at the primer level, while *A Wish for Billy* is at the first reader level. Illustrated in attractive colors, with stiff enameled covers, these little books (about 60 pages each) are issued at the attractive price of 25c each.

BEHAVIOR SCIENCE is a new quarterly journal stressing an interdisciplinary approach, and particularly interested in research bearing on mental health and disease. It is the official publication of the Mental Health Research Institute, University of Michigan. Subscription price, $6 a year, can be sent to the journal at Mt. Royal & Guilford aves., Baltimore 2, Md.

CHURCH and Sunday school programs of activity for persons between 35 and 65 are being studied by George Gleason, a member of the AIFR, who seeks information about any on-going study group that is investigating important current problems and trying to apply Christian principles to their solution. Information on any such class will be welcomed by Dr. Gleason, 2345 Duane st., Los Angeles 39, Calif.

NEW BOOKS IN BRIEF REVIEW

SEXUAL BEHAVIOR IN AMERICAN SOCIETY: an appraisal of the first two Kinsey reports, ed. by Jerome Himelhoch and Sylvia Fleis Fava. Pp. 446, price $3.95 from W. W. Norton & Co., 55 Fifth ave., New York 3, N.Y., 1955.

The Society for the Study of Social Problems published in the April, 1954, issue of its journal, *Social Problems,* a symposium on the Kinsey reports which was expanded by the editor and his assistant (both of Brooklyn College) into a substantial volume containing 32 papers by 39 different authors. Most of these are reprints of material already published, and they give a good picture of the judgment of a group of experts on the first two books (dealing with males and females respectively) put out by Dr. Kinsey and his associates. Most of the contributions are sharply critical of one aspect or another of the Kinsey studies, while agreeing on the energy and industry shown by the Kinsey group in assembling a large amount of material in a controversial field. Frequent criticisms are leveled against the "samples" used, which are considered to be unrepresentative, and against conclusions or expressions of personal opinion by Dr. Kinsey and his co-authors, which are alleged to go beyond the framework of their facts. Sociologist Harvey J. Locke and psychologists A. H. Maslow and James M. Sakoda attack the excessive use of "volunteers," citing evidence to show that these are more likely to be the show-offs, the maladjusted, and those whose sex behavior was unconventional. Sociologist Judson T. Landis analyzes "the women Kinsey studied" in some detail, concluding that "the sample was weighed with women who were or had been sexually promiscuous." Incidentally he notes that among women with some college or graduate training, Dr. Kinsey reported 81% to 83% as virgin at age 20, and that "Studies made by Professor Ehrmann of the University of Florida, and our study of 1600 students in 11 colleges and universities in 1952, show that 88% to 91% of college women are virgins." Since it is sometimes extremely difficult for the average reader to extract and interpret correctly the information contained in the two large "Kinsey books" this substantial volume should find wide use for reference.

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ADOLESCENT DEVELOPMENT AND ADJUSTMENT, by Lester D. Crow and Alice Crow. Pp. 555, price $5.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1956.

Comprehensive college text-book, presenting the results of many researches, up to date, with appendices of recommended films, and questionnaires for self-evaluation. The authors are at Brooklyn College.

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YOUR ADOLESCENT at home and in school, by Lawrence K. Frank and Mary Frank. Pp. 336, price $3.95 from the Viking Press, 625 Madison ave., New York 22, N.Y., 1956.

Mr. and Mrs. Frank are among the best-known, and best-balanced, writers on the problems of children. Their previous book, *How to help your child in school,* has enjoyed wide popularity. In this substantial volume, written mainly for parents and teachers, they take up growth and development during the teen

years, discuss relationships in the home, then give almost half of their pages to a discussion of the kind of education that adolescents need, the enlarging high school program, how to help your son or daughter in high school, along with a discussion of private or independent schools, a selected bibliography, and notes on further information concerning colleges. Since there is such a wide divergence of opinion concerning everything pertaining to child rearing and education, it seems desirable that writers should share with their readers some of the immense amount of research that has been done on the subject, rather than merely asking the reader to "take our word for it." Everything statistical is conspicuously absent from this book—even though the results may be communicated in some other form unknown to the reader.

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SEXUAL OFFENDERS AND SOCIAL PUNISHMENT, by Derrick Sherwin Bailey. Pp. 120 (paper covers, no index), price 6s 6d from the Church Information Board, Church House, Westminster, London S. W. 1, England, 1956.

Public concern with certain aspects of sexual immorality led the Church of England Moral Welfare Board, some years ago, to set up a study of the subject. Dr. Bailey, an Anglican priest, chaplain, and lecturer, prepared the two surveys here published, on homosexuality and prostitution respectively. The latter deals with English law, holding it to be an invasion of personal liberty, when applied to prostitutes, which would not be tolerated in any other connection; and it urges the need of taking more account of the man involved, rather than merely the woman. Most of the book is devoted to a discussion of homosexuality, and should provide a great deal of information needed by clergymen. Dr. Bailey tries to draw a sharp line between public behavior, which is the concern of society and of the law-enforcement agencies, and private behavior, which is not crime but sin and is therefore not the concern of the law but solely of the church. He considers homosexuality (and other abnormal practices) essentially a symptom of a deteriorating family life and argues that the main attempt of society should be to strengthen marriage and family life—in short, to deal with causes, not symptoms.

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Around the World

FAMILY LIFE is the title of a new bulletin issued by the British Social Biology Council, Tavistock House South, Tavistock Square, London W.C. 1, England. Scheduled for monthly publication, the first issue is a single leaflet. The British Social Biology Council was originally formed largely to aid in the fight against venereal diseases; was broadened to appeal to all those "who are interested in the application of scientific methods, through the biological sciences to the study of human life and culture, and who are seeking through social biology a higher expression of human personality and further possibilities for its development." Last year the directors decided to make the promotion of family life one of their main objectives. The AIFR's *Family Life* extends a hearty welcome to its little cousin and namesake across the ocean!

ITALIAN YOUTH are in revolt against both their parents and the church, according to a survey of 6,000 of them made by the Women's Movement of Christian Democracy. Many of them described their family homes as "an intolerable prison" and wanted to marry mainly to escape from their prison and "to break the monotony of daily life." In such mat-

ters as the moral character of recreation and entertainment, the inquiry concludes that the views of the church are almost completely disregarded. A second research in the area of Rome by Dr. Paola Gaiotto-DeBiase concludes that the mentality of the young people is characteristically superficial and any serious ideas expressed are merely parroted. — *Bel Mondo,* (Milan), June, 1956.

EIRE is one of the few countries in the world where the population is decreasing. In addition to a low birth rate, delayed marriage, and high percentage of celibacy, it is also losing steadily by emigration, largely to England.

IN ENGLAND AND WALES, although there has been some improvement in recent years, there are still well over a quarter of a million children with nits and lice, according to a bulletin of the British Social Biology Council. — Does anyone know of estimates for this infestation in the U.S. or Canada?

PRO FAMILIA is a large and handsome new magazine published by the Deutscher Familienverband, Gustav-Freytag-str. 17, Wiesbaden, Germany.

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Research Notes

RATE OF CHILDBEARING by American wives rose more than 11% between the years 1950 and 1954, according to a Census report. The rise was mainly among women 20 to 30 years of age and did not affect the wives in the 15-19 year group.

CHILDREN under 18, in homes broken by divorce, number more than 300,000 each year.

AVERAGE LENGTH OF LIFE for white females in the U.S. rose to 73.6 years in 1954; for white males the corresponding expectation at birth was 67.4 years. This improvement is due mainly to reduction in mortality during infancy and childhood. The outlook has improved relatively little past midlife.

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If You Read Spanish

Numerous booklets dealing with contemporary problems of sex, love, marriage, and parenthood are issued by the Buro de Informacion y Propaganda, Agrupacion Catolica Universitaria, San Miguel 1111, Habana, Cuba. Among the titles are Cuando los ninos preguntan (sex education), Antes que te cases (mate selection), Seran felices? (advice to newlyweds), and several dealing with chastity, such as La gran pregunta and La filosofia del sexo. These can be obtained (15c each) together with a list of other publications, from the Bureau at the above address.

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LAST YEAR (1955) was the second year in succession in which the number of births in the U.S.A. exceeded 4 million; there were an estimated 4,091,000 babies born. In each of the last five years the number of births exceeded 3.8 million. In 1940, for comparison, births numbered only about 2.6 million.

INSURANCE COMPANIES are speculating on the reasons for wide variations in insurance buying habits of the population. Taking families with annual income of $4,000 to $5,000, about 20% spend an average of $300 a year for life insurance premiums, another 20% spend only $6 a year. This range of 50 to 1 seems to have little relation to the presence of children in the family.

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MOTION PICTURES ON CHILD LIFE, Supplement No. 2, pp. 12, 1956, free on request to Children's Bureau, U.S. Dept. of Health, Education, and Welfare, Washington 25, D.C.

FOR THOSE WHO DEAL WITH YOUNG PEOPLE

The American Institute of Family Relations offers pamphlets and booklets that will help you to answer the questions young people ask, frankly, convincingly, and in the light of modern science. Here are a few selections from the list:

201. Home Study Course in social hygiene guidance and sex education; six lessons in pamphlet form by Roy E. Dickerson with nine additional pamphlets by Paul Popenoe and diagrams of male and female reproductive organs with explanatory text by Robert L. Dickinson. Send for detailed prospectus of this unique course, invaluable not merely to parents but to teachers, executives of youth organizations, clergymen and others who are called on to deal with modern youth. Total cost only.....$2.00

Simple, popularly written pamphlets to be put in the hands of adolescents:

4. How do you know it's love?
5. Four reasons why girls pet.
26. How do you know you're in love?
28. Are virgins out of date?
204. Why aren't boys told these things?
304. Your inferiority complex.

Any of the above sent for, each.....10c

An unusual pamphlet for young men in senior high school, in the army, or in industry; equally valuable to their sisters,—a practical discussion of the problems of growing up emotionally, of the place of sex in life before marriage, and of the biological basis of ethical standards:

23. Building sex into your life.....25c

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San Anselmo, Calif.

The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy 25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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